

## EARLY INTRODUCTION OF JUICE

(411D)

**PARTICIPANT TYPE**.....**INFANTS**

**HIGH RISK**.....**No**

### **RISK DESCRIPTION:**

Routinely offering fruit juice before 6 months of age.

### **ASK ABOUT:**

- Beverages common to a particular culture and/or region
- Cultural and other influences on these feeding practices
- Caregiver's knowledge of appropriate beverage feeding management skills
- Availability of developmentally appropriate foods and utensils
- Feeding method for juice (i.e., cup or bottle)

### **NUTRITION COUNSELING/EDUCATION TOPICS:**

- Wait to offer juice when infant is developmentally ready for a cup. Do not offer juice from a bottle.
- The American Academy of Pediatrics recommends that infants consume only 4-6 ounces of juice per day.
  - 4-6 oz. of juice per day is adequate to meet needs. Encourage whole fruits (of an appropriate texture based on developmental skills) for the remainder of the fruit servings each day.
  - Excessive amounts of juice may reduce the infant's appetite for other foods and increases the risk of loose stools and diarrhea.
- Offering juice before solid foods are introduced into the diet could risk having juice replace breast milk or infant formula in the diet. This can result in reduced intake of protein, fat, vitamins, and minerals such as iron, calcium, and zinc.
- Failure to thrive has been anecdotally associated with excessive intake of fruit juice.
- Offer fruit juice as part of a meal or snack. Discourage at will consumption of juice throughout the day or night. At will consumption of beverages containing simple carbohydrates such as juice significantly increases the risk of early childhood caries (tooth decay).
- Only pasteurized juice is safe for infants, children, and adolescents. Pasteurized fruit juices are free of microorganisms. Unpasteurized juice may contain pathogens, such as *Escherichia coli*, *Salmonella*, and *Cryptosporidium* organisms. These organisms can cause serious disease, such as hemolytic-uremic syndrome, and should never be fed to infants and children.

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#### **POSSIBLE REFERRALS:**

- Refer to primary care service if infant has health problems associated with excess juice consumption (e.g., diarrhea).
- If the child is not receiving well child care or keeping appointments, refer the child (if on medical assistance) to Health Tracks (<http://www.nd.gov/dhs/services/medicalserv/health-tracks/>), the local public health department, or primary care providers in the community.
- If the infant has visible tooth decay, parent reports tooth decay or you suspect the infant has early signs of tooth decay, refer to a local dental office, the local public health department (public health hygienists) or Health Tracks (if on medical assistance) for additional screening and referral. More information about oral health services in ND can be found at <http://www.ndhealth.gov/oralhealth/>.